Reviewer’s report

Title: Beyond clinical food prescriptions and mobile markets: parent views on the role of a healthcare institution in increasing healthy eating in food insecure families

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Reviewer: Anna Ek

Reviewer's report:

Beyond clinical food prescriptions and mobile markets: parent views on increasing healthy eating in food-insecure families

In this paper the authors aimed to develop an understanding of barriers to fruit and vegetable consumption (FVC) and how healthcare systems could facilitate FVC in food-insecure families. The participants were 90% female, 41% Black/African American and 41% Hispanic/Latino. Through analyses of focus groups, a conceptual model for the Predominant Barriers to Fruit and Vegetable Consumption was created representing affordability, accessibility and desirability. Suggestions to healthcare institutions to promote FVC was also created.

This is a well written manuscript that present an interesting and highly relevant topic, especially now when the Covid-19 pandemic has affected families world-wide. I have some comments that I feel can strengthen this manuscript further especially regarding a more thorough presentation of the results and a more developed discussion. I believe that the discussions from the focus groups can be better presented in the manuscripts. Also, it would be desirable that the recommendation were more practical as to how the health care can actually use the results presented. I provide my comments below:

Methods:
Please provide a description of how the interview guide was developed. Who was involved in this work, what expertise did these persons have? Were the questions piloted, and if so on who? Please also provide examples of the questions or better still include as a supplement in the manuscript.

Please provide a more thorough description of the persons involved in the data collection (the focus groups) background/expertise, as well as the analyses. Perhaps as initials of the authors.

Please describe what a community-based participatory research method is.

Results:
To strengthen the result section, go through the results and remove quotations that are repeated in another quote and thus redundant. Also, some quotes are exact repetition of what is written in the text of what is reported. Please, develop the text so that together with the quotes it provides a better understanding of the discussions. Some quotes are better to integrate as text for the reader to get a better understanding of the discussion e.g. Line 176-181. This way your results will become more nuanced. A good example of how to present the results is line 215-223.
I would recommend you to remove the quotes on line 230-232 and 257.

Table 1 I would suggest adding % to the columns in table 1 i.e. n (%) and present the total numbers for the group in a row directly below each group (n=14, n=12, n=29).

Table 2 I found the table a bit difficult to understand at first sight. In the heading, include abbreviation for Socioecological (SE) model. Be consistent so that the words used in the table heading are the same as in the columns in the tables. For example, in the heading it says "intervention" but in the columns "program", be consistent. "Description … of what? In the heading you don't say anything about barriers, so it is confusing to have it as a heading of the columns.

Discussion:
It seems like a lot of responsibility was put on the health care providers. Is this realistic and feasible? You mention this as a limitation could you develop this discussion? A discussion on how to implement the recommendations would strengthen the discussion instead of just offering "should consider ways to advocate for maintenance and expansion of effective federal and community programs…". If families don't attend the programs offered, as was pointed out, what can be done to increase attendance?

Line 447: Perhaps provide an example of a successful intervention.

Parents are the most important role models for children to eat fruit and vegetables. As one of the quotes reveals, this was a great challenge in the families (a father did not eat the vegetables). How were parents as role models for FVC discussed during the focus groups? If parents don't want to spend money on FV because the family doesn't eat them, to me, this is an important task for health care providers, that is also within their range of expertise (or should be). In table 2 could this be included more specifically?

The authors divided the groups into English/Spanish speaking groups. Were there any cultural differences in the discussions? Food preferences that made FVC be looked upon differently? These topics would be highly relevant to include. If there were no differences this could be mentioned too.

References:
Please make sure the references are referred to correctly in the reference list e.g. ref 1 Author; 6 some text seems redundant; 9 J Am Diet Assoc.; 12; 21; 31

Minor comments:
Line 94: Please abbreviate fruit and vegetable consumption
Line 146: It seems reference 26 is misplaced
Line 150: Depending on journal guidelines, abbreviate Fruit and Vegetable Consumption in this heading.
Line 390: add what studies are referred to.
Line 418: please "change obese children" to "children with obesity"
**Level of interest**
Please indicate how interesting you found the manuscript:

An article of importance in its field

**Quality of written English**
Please indicate the quality of language in the manuscript:

Acceptable

**Declaration of competing interests**
Please complete a declaration of competing interests, considering the following questions:

1. Have you in the past five years received reimbursements, fees, funding, or salary from an organisation that may in any way gain or lose financially from the publication of this manuscript, either now or in the future?

2. Do you hold any stocks or shares in an organisation that may in any way gain or lose financially from the publication of this manuscript, either now or in the future?

3. Do you hold or are you currently applying for any patents relating to the content of the manuscript?

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5. Do you have any other financial competing interests?

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If you can answer no to all of the above, write 'I declare that I have no competing interests' below. If your reply is yes to any, please give details below.

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